



July 5- Tomato Basil Bruschetta

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/tomato-basil-bruschetta>

Recipe

Ingredients:

- 8 tomatoes (ripe, Roma plum, chopped)
- 2 garlic clove (minced)
- 1/2 red onion (chopped)
- 6 basil leaves (fresh)
- 2 tablespoons olive oil (extra-virgin)
- Salt (optional, to taste)
- Pepper (optional, to taste)
- 1 loaf French bread (Italian or, cut into 1/2 inch diagonal slices)

Directions:

1. Preheat oven to 400°F.
2. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Yield 12 servings

Nutrition Facts

Serving Size 1 piece (89.68g)
Servings Per Container 12

Amount Per Serving

Calories 40 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein <1g **2%**

Vitamin A 15% • **Vitamin C** 20%

Calcium 0% • **Iron** 2%

* Percent Daily Values are based on a 2,000 calorie diet.